



Annelies M. Gentile, MA, PCC | Conduit for Change, LLC

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## WELCOME TO COACHING!

Thank you for choosing me as your executive life and leadership coach. I look forward to being your co-partner along your journey to lead change and accelerate success. Expect to inspire personal growth and professional development with awareness and positive behavior change for successful outcomes with measurable results.

The path of coaching is an exciting journey, rich with possibility, hope, discovery and vision. Coaching works best when you focus on “what’s good”, recognize where you may be limited in your scope of thinking and set and act upon measurable goals. Throughout your entire coaching process, you’ll get back what you put in.

Be mindful of your mind and your actions.

It’s my job to help you see possibilities. It’s your job to show up to your process. I’ll remind you over and over to *focus on what’s good* as you learn to let go of what no longer serves and accomplish what you want to achieve. Change is good.

To get started, it’s important to know where you are right now.

Attached, you’ll find your **Coachable Goals Assessment**. The assessment evaluates your starting point, identifies stuck areas, helps you create and define goals, and helps you shift your mindset to support your desired outcome. This also serves as an agreement between you, the client and me, your coach. This way we understand what our roles and expectations are from one another.

Let’s get started! To begin, you may either print the assessment out and hand-write answers, OR if you’re digitally skilled; open in ‘preview’, then under annotate, insert text. Keep in mind; you may not know all the answers right now. That’s ok! Answer as you are able. **Please email your completed assessment to me 24-48 hours PRIOR to our next coaching session.**

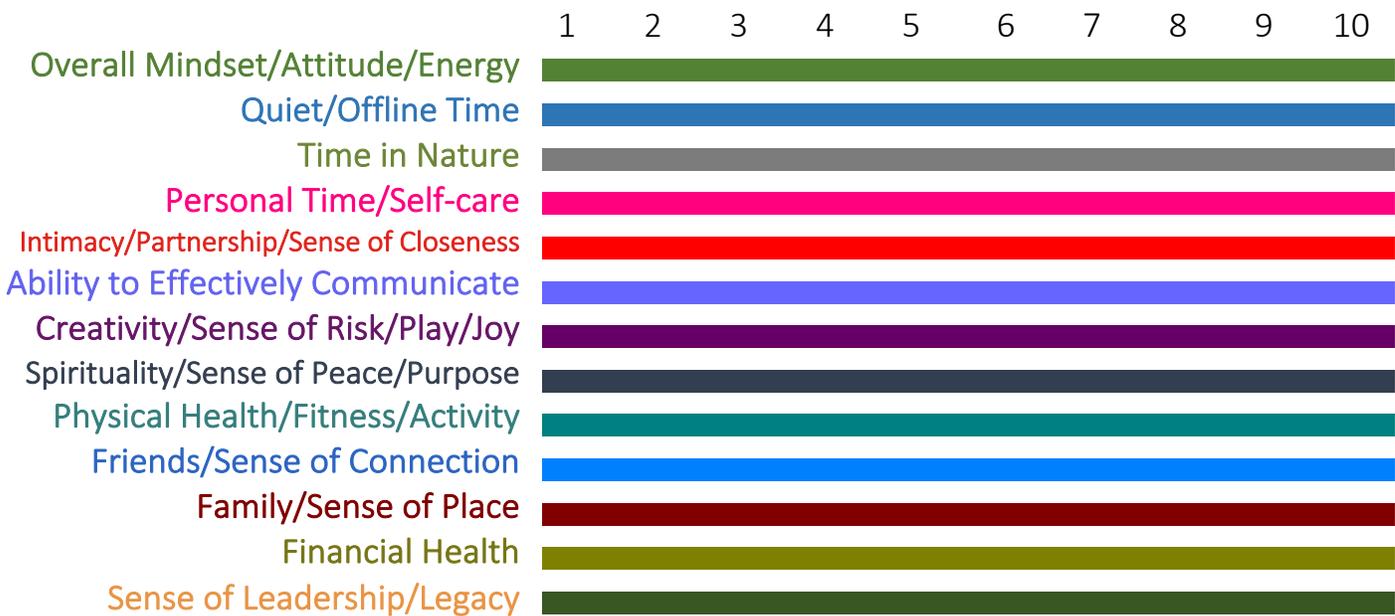
It’s an exciting time! Welcome to the first day of the rest of your life!

With gratitude, Annelies M. Gentile, MA, PCC

## ABOUT YOUR LIFE TODAY

- 1- Briefly describe what's *already working* in your current life?
  
- 2- What isn't working in your personal and/or professional life?
  
- 3- What does success look and feel like to you? Who's around you, what are you doing?
  
- 4- What are your top 3 immediate coaching goals? (accomplishable within one month)
  - 1-
  - 2-
  - 3-

5- Please assess your state in the following areas. Use an 'X' for current state and 'O' for desired.  
 (1= low satisfaction 10= high satisfaction) Where are you now and where do you want to be?



## TECHNOLOGY

- 1- How's your relationship to technology?      Healthy      Draining      Exhausting      Wasteful
- 2- Guesstimate how many *total* hours a day are you on your phone/computer/social media?  
 0-1 hours      1-3 hours      3-6 hours      6-9 hours      9+ hours
- 3- Are you willing to engage less or more with technology, *if it's* needed for your success? YES/NO

## PERSONAL & PROFESSIONAL REFLECTION

- 1- What's your relationship to leadership?
- 2- What empowers you? What dis-empowers you?
- 3- What do you consider to be your ...
- Professional purpose or mission:
  - Personal unique gifts/strengths:
  - List a few personal values:
- 4- What are the 3 biggest challenges you're facing right now?  
 1.  
 2.  
 3.
- 5- What is the #1 most painful story you tell yourself? (false truth- ie: "I'm not good enough)
- 6- What does this cost you?
- 7- What might be the real truth about why you've kept it going?

### FAITH, TRUST & INNER RESOURCE

- 1- What's your relationship to trust? Where do you draw a sense of faith, hope or confidence?
- 2- On a scale of 1-10, how resourceful do you consider yourself to be?

### CREATIVE PERSPECTIVE

- 1- Imagine, you could choose a super-power what would it be? Describe.
- 4- Imagine you could have a superhero *side-kick or helper*, who/what would that be? Elaborate. What could you achieve with this kind of side strength?

### SETTING YOUR INTENTIONS & GOALS

- 1- What might you be pioneering or leading in your personal or professional life right now?
- 2- What else do you want to accomplish through coaching? Short-term (3 months)
  - 1.
  - 2.
  - 3.
- 3- Name 3 longer-term (6 months+) personal and/or professional dreams/projects/visions or legacy goals would you like to accomplish?
  - 1.
  - 2.
  - 3.

## WHAT'S EXPECTED DURING OUR COACHING RELATIONSHIP

- 1- *We will coach via phone call. You are expected to call me. If you're late or miss a session, it's your time, your loss.*
- 2- *All sessions are booked in advance. Don't rely on appointment reminders. Our appointments are dedicated slots of time and require your commitment to show up and give your best effort.*
- 3- *There are no guarantees for success unless you forge them. Showing up every step of the way, being committed to your process and taking new risks to break old habits and create more useful ones will get you closer to your goals. You might even surprise yourself and exceed them! 😊*
- 4- *Our focus is on forward growth. I will encourage you to create new stories, big enough for you to live in and hold you accountable for goals you set. The biggest shift happens between sessions. Follow through with your commitments for the greatest success.*
- 5- *Heads up! I've been told I my coaching style is a "compassionate poke with a sharp stick". I'm here to empower not offend. I may interrupt or intrude in order to break a circular or limiting story. This interruption is meant to invite you to see and explore a greater possibility. Don't take it personally. It's time to break old patterns that may not be serving you any longer. Poke poke!*
- 6- *YOU are the expert on your life. If you'd like my perspective or expertise, just ask! But mostly you're the pilot. I'm your co-pilot and mirror, helping you see what you can't. Eyes wide open.*
- 7- *Homework in between sessions is useful for you when you do it. However, if it's stressful to accomplish, just say so. It's not required. We can adapt to your needs. Same thing goes with our schedule. Let me know what you need. We're co-creating success together.*
- 8- *Coaching is forward-focused not counseling or therapy, nor is it replacement for medical treatment of any kind. If at any time, I feel the need to terminate because in my professional opinion, you'll be better served through medical treatment or another kind of coach, I will suggest this.*

## CANCELTION & TARDINESS POLICY

If possible, please allow no less than 24-48 hours or more to cancel or reschedule. Be aware I might not be able to reschedule you immediately. If you are running late for our session, please text me at 919-345-8396 so I know you are on your way. Be aware that time late will be docked from your total time, if you are late.

## PROFESSIONAL STATEMENT

Coaching is NOT a substitute for therapy, psychotherapy or counseling. Coaching can be a good pairing but *not in any way a substitute* for licensed counseling or professional psychotherapy. Neither the work of Conduit for Change, LLC nor Annelies Gentile hold any responsibility for you or your actions. *YOU are solely responsible for yourself, your wellbeing, your choices and your actions.*

## CODE OF ETHICS & COMMITMENT

Any personal information shared here is private, held in strict confidence in accordance to the ICF code of ethics and will not be used in any way other than to best assess your coaching needs and progress.

DATE: \_\_\_\_\_

FULL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MOBILE PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

WEBSITE (if applicable): \_\_\_\_\_

Thank you for taking the time to explore your needs and goals. I also thank you for the opportunity to help you reach your goals and go beyond excellence! It is my honor and pleasure to serve.

Kindly, Annelies M. Gentile, MA, PCC

